

Pediatric *Safety Tips*



Bike Safety

Pennsylvania's mandatory bicycle helmet law:

Children under age 12 must wear a helmet while riding a bicycle under state law. Pennsylvania's mandatory bicycle helmet law applies to children who are passengers in a restraining seat or trailer.

PITTSBURGH (KDKA) — As careful as you might be on a bicycle, danger can be unpredictable.

“A dog ran out in front of him, he swerved to miss the dog, the bike slid out under some gravel; all of these things he would have had no control over, and he suffered a serious head injury,” says Chris Vitale, injury prevention manager at Children's Hospital Pittsburgh.

Helmets save lives and brains.

“Head injuries are the kind of thing you sometimes don't recover from. You aren't the same person you were before the injury,” Vitale says.

“Having a helmet on your child's head is going to reduce the chance of a head injury by 85 to 90 percent,” she adds.

Head injury is the leading cause of bicycle-related death and disability. Bicycle helmets can reduce these risks by 85%. However, many kids either don't have a helmet or won't wear one. We need to change that!

While we are talking about bike safety, shoes are important equipment as well. They protect the young child's feet from abrasions and lacerations when sliding along the road. Also, the danger of spinning wheels and sprockets to an unprotected toe is quite high. A momentary slip of the foot off the pedal could result in serious injury and the possibility of a severed toe(s).

Car Seat Safety

Pennsylvania's Child Car Seat law

- Kids under four must ride in a federally-approved car seat or booster.
- Kids between four and eight must ride in a booster if they have outgrown a safety seat.
- Kids between eight and 18 must use a seat belt.



Crib Safety

Your baby spends a lot of time in a crib, and much of *that time is unsupervised*, so it's important to make sure it is a safe place. Here are some helpful tips. (<http://cribsforkids.org>)

BUYING A SAFE CRIB

All new cribs on the market today meet the safety standards of the Consumer Product Safety Commission (CPSC) (<http://www.cpsc.gov/>) and the Juvenile Products Manufacturers Association (JPMA). (<http://www.jpma.org/>)

Before getting a used crib, check to see if it has been recalled at www.recalls.gov. Also, look for the following suffocation and strangulation hazards:

- Sharp or jagged edges

- Missing, broken or loose parts
- Loose hardware
- Cut out designs in the headboard or footboard
- Crib slats more than 2 3/8 inches apart (width of a soda can)
- Corner post extension over 1/16 of an inch high
- Gaps larger than 2 fingers width between the sides of the crib and the mattress
- Drop side latches that could be easily released by your baby



WHEN USING ANY CRIB

- Follow the directions for assembly.
- Don't try to fix any part of it with tape, wire, a rope, or by putting a broken side up against the wall.

Water Safety

SWIMMING

It's fun to swim, but never swim without an adult around to watch you. Even if you are a great swimmer, it is always best to have an adult around for extra safety. When you are swimming, keep the following tips in mind.

- Never swim during a storm or when there is lightning.
- Never swim alone. Always use the buddy system.
- Swim only in safe, guarded areas.
- Know how deep the water is.
- Don't dive or jump into water that is not at least 12 feet deep.
- Don't run around a pool, push people in or dunk other swimmers.
- Don't chew gum or eat food while swimming, diving or playing in the water.
- Take swimming lessons.
- Be extra careful in the ocean and don't run into the waves, which can knock you down.
- Rivers are very dangerous for swimming. It is best to stay out of them.

(<http://www.chp.edu>)

WATER SAFETY

The following information courtesy of www.safekids.org.

Whether at home or on vacation, it is always important to keep safety in mind when children are in or near water.

Drowning can happen at any time of year, but be especially cautious during the summer months when drowning incidents can increase up to 89% as compared to the rest of the year.

POOLS AND SPA SAFETY

Pools and spas will be used more frequently as warmer weather arrives. Learn how to create safer pool and spa environments for children and what you can do to make your home pool or spa safer.



□ LOCK

- Put up a fence that is at least 4 feet high and is around all sides of the pool or spa. The fence should have a locking gate that closes and latches by itself.
- Use door, gate and pool alarms.

- Cover and lock pools and spas when you are not using them.
- Remove or lock ladders to above ground pools and spas.
- Use approved anti-entrapment drain covers and back up devices.

□ LOOK

- Always watch children when they are in or near water.
- When you are watching children, don't be distracted by phone calls, text messages, reading or talking to others.
- Watch children even if they know how to swim.
- Children who can't swim well or can't swim at all should be within your reach and wear life jackets.
- Keep a phone near you – use it only to call for help if there is an emergency.
- If a child is missing, check the water first.

□ LEARN

- Learn how to swim – both children and adults should know how to swim.
- Learn how to correctly choose and use U.S. Coast Guard approved life jackets
- Learn how to use rescue equipment.
- Learn adult and infant CPR.
- Teach children never to swim alone.
- Teach children not to play or swim near pool or spa drains.

□ DID YOU KNOW?

- Drowning is one of the leading causes of death for children.
- Most children were being watched by an adult just before they drowned.

- Approximately 400 children age 14 and younger drown in pools and spas each year according to the Consumer Product Safety Commission. (<http://www.cpsc.gov/>)

WATER SAFETY AT HOME

The home environment has many hidden drowning hazards for children. Drowning deaths can occur not only in pools and spas, but in bathtubs, toilets and buckets. Keep these safety tips in mind to make your home safer from these hidden hazards.

□ LOCK

- Keep doors to bathrooms and laundry rooms closed.
- Large 5-gallon buckets are common household items and may be a potential hazard. Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.
- Keep toilet lids closed and use toilet seat locks. According to the CPSC, toilets are overlooked as a source of drowning in the home – toddlers can fall headfirst into the toilet.
- Once bath time is over, immediately drain the tub.

□ LOOK

- Always stay within an arm's reach of your child when he or she is in or near pools, spas, bathtubs, toilets or buckets.
- Never leave your child unattended in a tub or around any other body of water, even if he or she knows how to swim.
- Never leave your child alone or in the care of older children during bath time.
- Children in baby bath seats and rings must be watched every second.



□ LEARN

- Learn adult and infant CPR.

□ DID YOU KNOW?

- One-third as many children under age 5 drown from other hazards around the home as drown in pools Consumer Product Safety Commission. (<http://www.cpsc.gov/>)
- Two-thirds of drowning deaths in the home, not including pools, occur in bathtubs according to the Consumer Product Safety Commission. (<http://www.cpsc.gov/>)
- Home swimming pools are the most common place for a child younger than age 5 to drown.

BEACH AND BOATING SAFETY

Summer is a great time to spend time with family and friends at the beach or at the lake. Keep these safety tips in mind when spending time with family and friends in or near water this summer.

□ LOOK

- Always watch children when they are in or near water.
- When you are watching children, don't be distracted by phone calls, text messages, reading or talking to others.
- Watch children even if they know how to swim.
- Children and adults should wear U.S. Coast Guard approved life jackets – especially those who can't swim well or can't swim at all. Wear life jackets when boating and participating in water sports.
- Keep an eye on the weather, waves and currents.
- Keep a phone near you – use it only to call for help if there is an emergency.
- If a child is missing, check the water first.

□ LEARN

- Learn how to swim – both children and adults should know how to swim.
- The life jacket should be appropriate for the child's size and weight.
- The child's chin or ears should not slip through the neck opening in the life jacket.
- The life jacket should be properly fastened.
- The life jacket should keep the child's head above water.
- Learn how to swim out of a rip current.
- Learn how to use rescue equipment.
- Learn adult and infant CPR.

- Teach children never to swim alone and only to swim in designated swimming areas.
- Teach children how to swim/float with a life jacket.
- Teach children that swimming in open water is not the same as swimming in a pool. Teach them about uneven surfaces, river currents, ocean undertow and changing weather.

□ DID YOU KNOW?

According to the U.S. Coast Guard:

- One-half of all recreational boating fatalities happen in calm water.
- Almost three-fourths of all fatal boating accident victims drowned – 84% were not wearing a life jacket.
- In 2009, 18 children under the age of 13 years lost their lives while boating – 50% of these children died from drowning.



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